

how to cultivate a creative + growth mindset



DAY THREE ✦ NURTURE CURIOSITY

I love what Scott Barry Kauffman says about potential - "Potential is a constantly moving target. The more we engage in something the more potential grows." We should find this very comforting. It means we can always be growing into better versions of ourselves.

Where does growth begin? Curiosity.

Exploring the things we're curious about develops a growth mindset.

Assignment –

Write down 5 things you're curious about.

For the next 5 days, look up articles, books or YouTube videos on those topics.

Write down your impressions or something you learned about each.

Take a moment to write down which topics will get more of your attention.
